

VISIT...

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Baking Powder

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2 Tablespoons Cream Of Tartar Powder

1 Tablespoon Baking Soda

1 Tablespoon Cornstarch

Sift ingredients together and store in small container with tight-fitting lid.
One teaspoon of this equals 1 teaspoon of commercial baking powder.

Large Batch Baking Powder

1 lb Soda

1 1/2 lb Cream of tartar

1/4 lb Cornstarch

Mix all ingredients together. 1 tsp mix = 1 tsp Baking Powder.

Baking Powder

(Gluten & Corn Free)

Ingredients:

1/3 cup Baking Soda

2/3 cup Cream of Tartar

2/3 cup Arrowroot

Mix well. Store in an airtight container.



Brown Sugar

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2 T. molasses

1 C. granulated sugar

Blend together using a fork, store in airtight container.

Dehydrating Tomatoes

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To Dehydrate:

Slice tomatoes into 1/4" slices. Place on dehydrator and dry until crisp. Place dried tomato slices into blender, herb, or coffee grinder and blend until a fine powder. Use powder in a variety of dishes from soups to meatloaf.

Reconstitute:

To 1 cup of dried tomato powder, add the following....

Tomato Paste:

1 3/4 cup water and 1/2 tsp. sugar.

Tomato Sauce:

3 cups water and 1/2 tsp. sugar.

Tomato Juice:

3-5 cups water or to desired thickness.

Salt, pepper, to taste.

Tomato Soup:

3/4 cup water, 1/2 cup dry milk.

Season to taste.



Dough Enhancer

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1 c lecithin granules
1 tb vitamin C powder
1 tb ginger, ground

Mix all ingredients and store in tightly closed glass jar.

Add to breadmaker in amount equal to yeast with other dry ingredients.

Start machine. Apparently, the ginger gooses the yeast and makes it act more swiftly, the ascorbic acid strengthens the gluten, and the lecithin aids the oil in causing the strands of gluten to slip against each other more easily and thus rise better.

submitted by Jenn



Honey Graham Crackers

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- 1/3 c Milk
- 1/4 c Honey
- 1 1/2 c Graham flour
- 1 c All-purpose flour
- 1/4 c Brown sugar, packed
- 1 ts Baking powder
- 1/2 ts Baking soda
- 1/3 c Butter
- 1/4 c Shortening

In a small bowl stir together first 2 ingredients. Set aside. In a large bowl stir all the dry ingredients. Using a pastry blender, cut in butter and shortening till mixture resembles coarse crumbs. Add milk mixture all at once in the center of the flour mix.. Stir until a ball is formed. Knead dough on lightly floured surface until smooth. Roll out dough & slice into 2 inch squares, Prick with fork. Bake on ungreased sheets for 12-15 minutes in a 350 oven.



Instant Refried Beans Mix

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3 cups dried beans

3 tsp. dried cumin

3 tsp. chili powder

1 tsp. salt pepper

3 T. dried minced onion

In a coffee grinder, food mill or blender, grind beans until a flour consistency. Combine all ingredients and store jar or ziploc bag.

To Use:

3/4 cup mix

2-1/2 cups boiling water

Mix with a wire whisk until combined. Bring to boil, cover, reduce heat to low and simmer for 4-5 minutes or until thickened. Mixture will thicken more as it cools. Refried beans will remain thickened even when reheating. You can add salsa or chopped chili peppers for added zip.

MARZIPAN

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8 oz. almond paste

3/4 C. confectioners' sugar

1/2 tsp. almond extract

Food colors

Beat all ingredients except food colors on low speed until smooth paste forms. Cover and refrigerate 1 hour.

Divide dough into equal parts, depending upon how many different colors you will use. Add food colors and shape dough. Store in refrigerator or at room temperature.



Marshmallow Creme

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- 3 egg whites
- 2 C. light corn syrup
- 1/2 tsp. salt
- 2 C. sifted confectioners' sugar
- 1 T. vanilla extract

In large mixer bowl, combine egg whites, syrup and salt. Beat for 10 minutes until thick. Add confectioners' sugar at low speed. Then add vanilla extract and beat until blended. Makes two quarts.

MYO Marshmallows

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2 C. granulated sugar
3/4 C. water
2 T. unflavored gelatin
1/2 C. cold water
1 tsp. vanilla extract
1/2 tsp. salt
Cornstarch
Confectioners' sugar

Mix granulated sugar with the 3/4 cup water. Simmer to soft-ball stage. Remove from heat. Soften gelatin in the 1/2 cup cold water. Place on a large platter. Pour hot syrup over softened gelatin. Stir until dissolved. Let stand until partially cooled.

Whip until thick and white, and mixture will nearly hold its shape. Add vanilla extract and salt. Pour into straight-sided pans lined with equal parts of cornstarch and confectioners' sugar, mixed together. Let stand in cool place until firm (not in refrigerator). Cut into squares with scissors or cookie cutters and dust with confectioners' sugar.

submitted by Jen S.



Rice Milk

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4 cups hot/warm water (cold doesn't work well)

1 cup cooked rice (white or brown)

1 tsp vanilla

Place all ingredients in a blender until smooth. Let the milk set for about 30 minutes, then pour the milk through a cheesecloth (to remove any sediment).

Can be flavored with honey if desired.



Saltines

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4 c flour
1 ts baking powder
3/4 c shortening
1 1/3 c milk
salt to taste

Mix flour, baking powder and shortening; add milk and blend well.
Form a ball of dough and cut into four pieces.

Roll dough out very thin.

Cut with a cookie cutter Or use pastry wheel with crinkled edges.

Place on cookie sheet. Prick with a fork 4-5 times and sprinkle with salt.

Bake at 375 degrees 8 to 10 minutes or until golden (watch crackers carefully so they don't burn).



MYO: Coffee Creamer

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Delicious Coffee Creamer

14-ounce can sweetened condensed milk

1 1/2 cups skim milk

flavorings of choice.

Example flavorings:

Chocolate Almond use: 1-Tbsp cocoa, 1-tsp almond extract

Vanilla: use 2-tsp vanilla extract

Cappuccino: use 1-tsp almond extract, 1/2 tsp orange extract

Strudel: use 1 T. cinnamon, 1 tsp vanilla extract, 1 ts almond extract.

Chocolate Raspberry: use 2 tsp cocoa powder, 2 T. raspberry syrup

Measure all ingredients into 32 oz container (with a cover) , seal container and shake vigorously. (Store in fridge up to 2 weeks)

MYO: Microwave Popcorn
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1/2 cup unpopped popcorn
2 to 3 tablespoons melted butter
Popcorn salt or table salt, to taste
1 tablespoon grated Parmesan cheese or other cheese sprinkle
(optional)

Pour the popcorn in the paper bag and fold the top of the bag over twice to close. (Each fold should be 1/2 inch deep; the kernels need room to pop.) Seal the bag with two small staples (no more, no less), making sure to place the staples at least 2 to 3 inches apart.

Put the bag in the microwave and cook on high power for 2 to 3 minutes, or until the pops are 5 seconds apart.

Remove the bag from the oven and open it carefully, avoiding the steam. Pour the popcorn into a bowl and drizzle it with butter, then toss with salt and cheese, if desired

Submitted by Kelsie to our Budget101 Newsletter



MYO: powdered sugar

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MYO: powdered sugar. Put 1 cup granulated sugar and 1 rounded tablespoon of cornstarch into the blender and process it at medium speed. Whirl it a while, turn it off, push down the sugar from sides of container, give it another whirl till it is fine sugar that can be used in frostings. In some blenders there may be some graininess and powdery. There is a difference in blenders, some make very smooth powdered and this can be used in any recipe that is baked, or can be sprinkled on cookies and cakes..

submitted by michael





Non-Stick Vegetable Spray
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1 c. liquid lecithin

1 c. Vegetable Oil

Combine, store in pump spray bottle.

To Make butter flavor, add 1/2 tsp Butter extract to the mix



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1 cup all purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
Combine. Makes 1 cup.

Self-Rising Flour

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- 2 eggs
- 2 tablespoons vinegar
- 2 tablespoons vegetable oil
- 1 teaspoon salt
- 2 tablespoons prepared mustard
- 2 1/2 cups vegetable oil

In a blender, Combine eggs, vinegar, 2 tblsp oil, salt, & mustard. Whip for 1 minute. Continue whipping while slowly adding the remaining 2 1/2 cups of oil, stop when oil is thoroughly blended & slightly firm.

Very Cheap Easy Mayo
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